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Chesapeake, VA 23522-4102

FFSC Oceana/Dam Neck
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FFSC Portsmouth
(757) 953-7801
620 John Paul Jones Circle
NSA Hampton Roads - Portsmouth
Portsmouth, VA 23708

FFSC Yorktown
(757) 887-4606
WPNSTA Yorktown
1949 Von Steuben Drive
Newport News, VA 23603

Schedule a Counseling Appointment
1-800-FSC-LINE (372-5463)

Military OneSource
militaryonesource.mil
1 (800) 342-9647



DEPARTMENT OF THE NAVY
*Fleet and Family Support Centers
of Hampton Roads, Virginia*
7928 14th Street
Norfolk, VA 23505-1219

Official Business

FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

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2016

Are you
**BUILDING WEALTH,
NOT DEBT?**

- ☐ Have a financial plan with savings and debt management goals?
- ☐ Have an emergency fund to cover \$500 of unexpected expenses?
- ☐ Contribute regularly to a retirement account at work?
- ☐ Don't rely on overdraft protection to make it through the pay period?
- ☐ Checked credit report in the last four months?

Military Saves can help you start 2016 by getting your personal finances in tip-top shape. Take the Military Saves pledge today at www.militarysaves.org.



Command Support Programs

Career Options and Navy Skills Evaluation Program (CONSEP)

This four-day course is designed to help active duty service members achieve their Navy and, ultimately, civilian career goals. Sponsored by Command Career Counselors, Navy College and FFSC, this training includes career-making decisions, information on upward mobility, schools, apprenticeships, financial management, investment strategies, and creating work experiences that will lead to your success.

**First Term CONSEP Workshop*

***Mid-Career CONSEP Workshop*

Deckplate Resource Awareness Training

This two-day training is specifically for Second Class Petty Officers in supervisory positions. It provides information on Navy and community resources available to military personnel. Through solution-focused exercises, participants learn techniques to effectively address personnel concerns brought to their attention. Hampton Roads commands are invited to nominate participants by calling their FFSC.

Exceptional Family Member POC Training
This half-day training provides information that enables POCs to assist members in their commands. Who should attend: Any newly-designated EFMP POC in the Hampton Roads area.

Family Readiness Group (FRG) Leadership Training

FRGs play an integral part in keeping families together in various situations, especially during deployment. Please contact your closest FFSC for more information.

FAP Command Leadership Training

This is a one-day introductory course that emphasizes the command's crucial role in all aspects of the Family Advocacy Program (FAP). Topics include an overview of FAP, prevention, intervention, legal issues and reporting. Who should attend: COs, XO's, CMCs, COBs, Chaplains, Command FAP POCs, CRC members, and Key Responders.

Navy Family Ombudsman Basic Training

This training consists of 13 modules that help official Command Ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COs, XO's, Chaplains, CMCs, COBs, and their spouses.

PCO/PXO Spouses Workshop

This is a one-day workshop for spouses of Prospective Commanding Officers (PCO) and Prospective Executive Officers (PXO). It provides information on military and community resources, roles of PCO/PXO spouses, and leadership/growth opportunities. It also gives participants a chance to network and problem-solve together.

Prospective Chief Petty Officer Training

This training will assist Prospective Chief Petty Officers with several of the requirements in support of the MCPON's CPO 365 Guidance to include Family Advocacy Overview, Sexual Assault Prevention and Response, Suicide Awareness, Operational Stress Control and an FFSC brief. Early intervention and prevention programs have a direct impact on the quality of life for our Sailors and families and will be of benefit to our future CPOs.

SAPR Unit POC Training

This training provides oversight of command compliance with SAPR program requirements, which includes the process of implementing and coordinating command awareness and prevention education, maintaining current information on available victim support services in the area, as well as obtaining and providing to the SARC data on sexual assault incidents which is necessary to meet DSAID and other reporting requirements. This training also helps to ensure that all personnel (i.e. service members and DoD civilian personnel who supervise service members) complete SAPR training and that the completion is documented.

SAPR Victim Advocate Basic Training

This five-day, basic training prepares command SAPR personnel to facilitate training for the crew, fulfill reporting requirements, assist victims, and either manage or be a team member for the SAPR Program at their command. Who should attend: command-appointed SAPR POCs and

Avoid the Toll

Take advantage of our FFSC Portsmouth office at 620 John Paul Circle, Bldg. 249, Portsmouth, VA 23708. It's at the Naval Medical Center Portsmouth beside the Child Wait Center. We offer Counseling, New Parent Support, Exceptional Family Member Program services, as well as many education classes. Call FFSC Portsmouth at 953-7801 for more information.

SAPR Advocates, approved by the command, who want to assist victims of sexual assault.

SAPR Victim Advocate Continuing Education Training

This training facilitates maintaining victim advocates' DOD Sexual Assault Advocate Certification Program (D-SAAP) credentialing. This is a single-session workshop that provides SAPR program updates and advanced training in assisting victims of sexual assault. Who should attend: D-SAAP credentialed victim advocates in the Hampton Roads area and all other SAPR trained personnel are welcome to attend. However, continuing education hours are not mandated for other SAPR positions.

Sponsor Training

This single-session training, available for presentation at your worksite, teaches command personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community sources of help, and FFSC relocation assistance.

Counseling/Support Programs

Couples Workshop

Do you have trouble communicating with your partner? Do you find yourselves arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem-solve, and strengthen your relationship. Open to military beneficiaries and their partners.

Military Life Skills Education Programs

Building Effective Anger Management Skills (BEAMS)

Do you find your anger racing from zero to 60 at work or at home? BEAMS is a six-session, skill-building program for active duty and retired personnel and their adult family members ages 18 and older. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.

Building Healthy Relationships

The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication and developing healthy habits.

Children and Divorce

This four-hour workshop addresses the pain and loss of a family breakup from the child's perspective. Topics of discussion include typical reactions of children of different ages, things children need to hear, and what parents can do to help them through the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia State Law mandate requiring divorcing parents of minors to attend four hours of parent education.

Dads and Discipline

The culture of fatherhood is changing as dads become increasingly involved with their children. Dads are often seen as "disciplinarians," yet come to the job with no specific training. This interactive, single-session class provides an opportunity for fathers to gain valuable, practical information about parenting. Participants will discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved children.

Enhancing Stepfamilies

This single-session workshop includes discussions on the myths of stepfamily living, the different roles a stepparent may assume, the stages a stepfamily goes through as they develop, and tips for handling discipline. Discussion also includes information on stepparenting in a military family.

Foreign-Born Spouses Support Group

Feeling lonely, homesick, or isolated? Just want to talk to someone from your part of the world? Join other foreign-born military spouses to network and share resources, discuss the American way of life, develop friendships, receive monthly newsletters, and learn about the many resources available to make your new life experience positive.

Love Thinks

Are you tired of the same dating traps like becoming involved too quickly, dishonesty from the start, or overlooking problem areas? Learn how to avoid common dating missteps when developing a new romance by attending "Love Thinks," a program for single or newly-dating military members who are tired of playing dating games and are ready to keep it real.

New Parent Resource Awareness Workshop

This four-hour workshop assists expectant servicewomen as they make the transition into parenthood. Topics discussed include the Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Relief Society and information about their Budgeting for Baby program, child care resources, FFSC programs and services, the WIC program, and information on career planning. Registration is open to first time expectant servicewomen. Their partners are strongly encouraged to attend with them.

Parenting in a Military Family

This workshop explores what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children.

Parenting Teens

This single-session workshop presents the physical, cognitive, social, and emotional developmental characteristics of teens, and parents' reactions to the way adolescents handle these changes. Discussion topics include building healthy relationships, avoiding power struggles, and providing guidelines. This is an overview of the in-depth STEP Teens multi-session program.

Personal Communications

Would you like to improve your personal communication skills? This educational group can make a difference! Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills. Open to active duty military and family members.

Ready Navy

When an emergency strikes, knowing what to do can save lives, property, and time. One of the most important tools you or your family can have to protect yourself in possible emergencies is a Family Emergency Plan. It is important to plan ahead as a family for all types of emergencies and responses. Everyone in the family should understand what to do, where to go, and what to take in the event of an emergency. Learn how to prepare, respond, and recover with Fleet & Family Support Center's Ready Navy public awareness program.

Single Parenting in the Military

This single-session workshop explores ways for active duty single parents to balance their military and parental responsibilities and looks at the opportunities and challenges of parenting alone in the military. Discussion topics include dealing with changes, co-parenting, talking with your child(ren) about his/her other parent, dating, resources for single military parents, and more.

Systematic Training for Effective Parenting (STEP): Early Childhood

This seven-session class helps parents develop a positive and consistent approach for dealing with the special challenges of children under age six. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers; building effective discipline skills, developing skills for communicating effectively with young children, and much more.

Systematic Training for Effective Parenting (STEP): School-age

This seven-session program offers participants a wealth of information and skills for parenting 5- to 12-year-olds. Learn ways to help your children become more responsible, respectful, and cooperative. Topics include communication, discipline, the goals of misbehavior, mutual respect, and family meetings.

Systematic Training for Effective Parenting (STEP): Teen

This seven-session workshop covers all of the STEP principles plus information on understanding why teens misbehave, peer pressure, excitement, and superiority. Topics include discouraging and encouraging atmospheres; rational and irrational parent responses to emotional scenes; listening and communicating respectfully; and experiencing consequences and exploring alternatives. Realistic video segments on teen experimentation with drugs, alcohol, and sex generate parent discussion of coping strategies explained in the text *Parenting Teenagers*.

Stress Management

Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal-setting, time management, and progressive relaxation.

Welcome to the Military

Are you newly married or getting married soon? Are you new to the area or to the military? Join us at this one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical and dental care, recreational activities, financial planning, and more.

Personal Financial Management Programs

Art of Money Management

This workshop provides in-depth instruction and information on developing successful money management skills. Topics include understanding and using credit, Navy pay and allowances, spending strategies, and how to save and invest.

Car Buying Strategies

Looking for a car but don't want to get taken for a ride? In this single-session program, learn all the important dos and don'ts BEFORE you step onto the car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting

This quarterly forum is designed to update the Command Financial Specialist (CFS), senior leadership, Command Career Counselors, and other interested command leadership about current and emerging financial issues. This is an excellent forum for networking and continuing financial education that can benefit military members and their families.

Command Financial Specialist (CFS) Refresher Training

Review and sharpen skills learned in Command Financial Specialist (CFS) training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques as well as discuss current financial hot topics. Open to all trained Command Financial Specialists.

Command Financial Specialist (CFS) Training

This five-day interactive training seminar covers the basics of personal financial management and serves as a foundation for those selected by their Command to serve

as CFSs. The training covers topics such as spending plans, budgets, managing credit, savings and investments, and retirement planning. Participants are also introduced to the techniques of short-term, solution-focused financial counseling. Participants must be E-6 or above, in good financial standing, and have at least one year remaining at their commands.

Consumer Awareness

Have you ever made a purchase that you later regretted? It's a jungle out there and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources.

Credit Management

This single-session workshop provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

Developing Your Spending Plan

Do you want to get control of your financial life? This single-session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short and long-term financial goals.

Financial Leadership Seminar

This four-hour training is for non-CFS trained E-7s and above. It provides a basic understanding of typical military financial problems, develops skills in handling a financial crisis, and creates an awareness of resources available. Agenda includes budgeting and Personal Financial Management (PFM), consumer awareness, legal issues, processing letters of indebtedness, garnishments, and more.

Homeownership

VHDA's Homeownership workshop is designed to take the mystery out of buying a home. Learn more about managing personal finances and credit, working with a lender and real estate agent, and completing the loan process and home inspection. You'll also learn ways to protect your investment as a home owner.

Million Dollar Sailor

A two-day interactive program for active duty service members, reservists, retirees and family members who are financially stable and are looking for more in-depth information on topics such as financial goal setting and implementation, debt reduction, saving, investing, and long-term wealth building.

Raising Financially Fit Kids

This 90-minute interactive program is designed for parents of children of all ages. Parents will explore their own financial habits and skills, as well as learn techniques to teach their children sound financial management skills. Participants will also assess their current financial situation, learn how to communicate effectively with family members about finances, and implement age-appropriate financial practices for their children.

Retirement Planning

This single-session, interactive program introduces the basic concepts of financial retirement planning, including the military retirement system and the new Thrift Savings Plan (TSP). This is a must if you are leaving the military.

Savings and Investments

This single-session, interactive program, suitable for all audiences, is designed to develop more in-depth knowledge and skills that will enable participants to save and invest wisely. Explore various investment options and learn which instrument best suits you and your individual goals.

SMART Start: Finances for Newlyweds

This class provides financial information and guidance to single service members contemplating marriage and newly married service members. Topics covered are short and long-term financial goal-setting, spending plans, savings and investing, and effective communication on financial matters.

TSP – Your Key To Financial Independence

The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for their and their family's future. Learn how to take advantage of this exciting

government-sponsored savings and investment program to build wealth and achieve financial independence in this ninety-minute workshop.

Relocation Assistance Programs

Overseas Transfer Workshop

Will you be transferring overseas soon? This helpful single-session workshop is a great way to prepare yourself and your family for this challenging adventure. Information will be provided on household goods and auto shipment, financial planning, travel arrangements and passports, personal security, and culture shock. Open to active duty members, spouses, and dependents 12 years and older.

Smooth Move Workshop

Transferring to a new duty station? This single-session workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring and separating military personnel, and their families.

Family Employment/Transition Assistance Programs

Career Planning

Whether you are looking for a job or information on career planning, learning through self-assessment will enhance your chances in finding satisfying employment. In this three-hour workshop, you will be guided through career choices based on life goals, personal skills, abilities, preferences, and work values.

Effective Resume Writing

These days, only a top-notch resume will get you an interview. Learn how to market your skills, knowledge, accomplishments, and experience with an impressive resume. This single-session workshop also includes tips on translating military terminology.

The Federal Employment System

In this single-session workshop, gain the advantage in your job search with the federal government by learning how to find vacancies and job listings, complete the application process, and how to understand standard qualifications and testing requirements.

Interview Techniques

Want to feel more confident at your next job interview? This single-session workshop teaches you how! Topics include positive answers to difficult questions, dressing for success, and the importance of body language and positive attitude. Interview follow-up and salary negotiations are also discussed.

Job Network

Job Network is a monthly, one-hour employer panel comprised of three human resource personnel. Ask local and national employers what they like to see on resumes and how to prepare for interviews. Find out about open positions, their application process, and what benefits are available. Transitioners, separatees, and military family members are invited to attend.

Job Search Strategies

Learn more about the crucial steps in the job search process. This single-session workshop covers everything from assessing the hidden job market to finding a job long-distance, including job searching on the Internet. Many of the resources and services available to job seekers are also discussed, including major employers in the Hampton Roads area and the Virginia Employment Commission (VEC).

Transition GPS (Goals, Plans, Success)

This is a five-day DOD workshop with mandatory components for military members who are retiring or separating, exiting or considering leaving the military, and are making the transition to the civilian sector. The workshop provides instruction on skills identification, resume preparation, interview techniques, and veterans' entitlements. Spouses are welcome to attend as space permits.

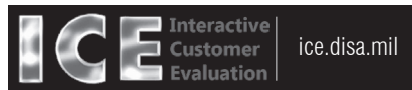
Transition GPS classes are held Monday, 6:30 a.m.-4:30 p.m., and Tuesday-Friday, 8:00 a.m.-4:30 p.m. Registration is Monday at 6:30 a.m. See your Command Career Counselor for a quota and workshop requirements to attend Transition GPS. For additional information, call (757) 444-3522/6089/1149 or fax (757) 444-6095.

Transition Assistance Services Available at all FFSCs:

- Workshops and counseling on all financial aspects of transition
- Survivor Benefit Program (SBP)
- Individual transition counseling
- Transition information and employment referral

VA Disability Benefits Review

This one-day workshop teaches participants how to review service medical records and identify medical conditions that may lead to a compensable disability rating with the VA; request vocational rehabilitation benefits and training; and complete their VA application for submission. Service members must be within 60 days to six months of separation to attend. Participants should bring their medical records, copies of their medical records and copies of (if applicable): marriage certificate, children's birth certificates, dependent's social security numbers, and divorce decree or death certificate. Sponsored by the Virginia Department of Veterans Affairs and FFSC.



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JAN • FEB • MAR 2016 PROGRAM CALENDAR

FLEET & FAMILY SUPPORT CENTERS (FFSC) OF HAMPTON ROADS — SITES & PHONE NUMBERS

| | | | | | | | | | | | | | |
|---|--------------------------|----|--------------------------|---|---------------------|----|-----------------------|---|--------------------|---|------------------------|---|----------------------|
| L | Little Creek 462-7563 | NN | Newport News 688-6289 | N | Norfolk 444-2102 | NW | Northwest 421-8770 | O | Oceana 433-2912 | P | Portsmouth 953-7801 | Y | Yorktown 887-4606 |
|---|--------------------------|----|--------------------------|---|---------------------|----|-----------------------|---|--------------------|---|------------------------|---|----------------------|

| FFSC PROGRAMS | | JANUARY | | FEBRUARY | | MARCH | |
|--|--|---------|--|---|--|--|--|
| COMMAND SUPPORT PROGRAMS | | | | | | | |
| Career Options and Navy Skills Evaluation Program (CONSEP) | JAN 26-29 (T-F) 8:00 a.m.-4:30 p.m. (First Term) (N) | | | FEB 22-25 (M-TH) 8:00-4:30 p.m. (First Term) (O) | | MAR 1-4 (T-F) 8:00 a.m.-4:30 p.m. (First Term) (Y) | |
| Deckplate Resource Awareness Training | JAN 12 & 13 (T&W) 8:00 a.m.-4:00 p.m. (O) JAN 13 & 14 (W&TH) 8:00 a.m.-4:00 p.m. (L) JAN 25 & 26 (M&T) 8:00 a.m.-4:00 p.m. (N) | | | FEB 10 & 11 (W&TH) 8:00 a.m.-4:00 p.m. (NN) FEB 17 & 18 (W&TH) 8:00 a.m.-4:00 p.m. (O) FEB 22 & 23 (M&T) 8:00 a.m.-4:00 p.m. (N) FEB 24 & 25 (W&TH) 8:00 a.m.-4:00 p.m. (L) | | MAR 21 & 22 (M&T) 8:00 a.m.-4:00 p.m. (O) MAR 30 & 31 (W&TH) 8:00 a.m.-4:00 p.m. (N) | |
| Exceptional Family Member POC Training | JAN 12, 8:00 a.m.-noon (L) JAN 19, 8:00 a.m.-noon (N) | | | FEB 11, 8:30 a.m.-12:30 p.m. (Y) | | MAR 18, 8:30 a.m.-12:30 p.m. (O) | |
| Family Readiness Group (FRG) Leadership | JAN 12, 6:00-9:00 p.m. (Homecoming Training) (N) JAN 23, 8:00-5:00 p.m. (Basic Training) (O) | | | FEB 10, 9:00-11:30 a.m. (Advanced Training) (L) FEB 10, 6:00-8:30 p.m. (Advanced Training) (L) FEB 29-MAR 1 (M&T) 9:00 a.m.-1:30 p.m. (Basic Training) (N) | | MAR 10, 6:00-9:00 p.m. (Homecoming Training) (N) MAR 19, 8:00 a.m.-5:00 p.m. (Basic Training) (L) | |
| FAP Command Leadership Training | | | | FEB 18, 8:00 a.m.-4:00 p.m. (L) | | | |
| Navy Family Ombudsman Basic Training | JAN 20-22 (T-TH) 8:30 a.m.-4:00 p.m. (N) | | | FEB 19-21 (F-SU) 8:30 a.m.-4:00 p.m. (L) | | MAR 4-6 (F-SU) 8:30 a.m.-4:00 p.m. (O) MAR 21-23 (M-W) 8:30 a.m.-4:00 p.m. (Y) | |
| PCO-PXO Spouses Workshop | | | | | | MAR 17, 9:00 a.m.-2:00 p.m. (N) | |
| Prospective Chief Petty Officer Training | JAN 6, 8:00 a.m.-noon (N) JAN 8, 8:00 a.m.-noon (N) | | | FEB 4, 8:00 a.m.-noon (N) FEB 11, 8:00 a.m.-noon (N) | | MAR 3, 8:00 a.m.-noon (N) | |
| SAPR Unit POC Training | JAN 20, 8:00 a.m.-4:00 p.m. (O) | | | FEB 10, 7:30 a.m.-4:00 p.m. (N) FEB 18, 8:00 a.m.-4:00 p.m. (Y) | | MAR 9, 7:30 a.m.-4:00 p.m. (L) (N) MAR 16, 8:00 a.m.-4:00 p.m. (O) | |
| SAPR Victim Advocate Basic Training | JAN 25-29 (M-F) 8:00 a.m.-4:00 p.m. (L) (O) JAN 25-29 (M-F) 8:00 a.m.-4:30 p.m. (N) | | | FEB 8-12 (M-F) 8:00 a.m.-4:30 p.m. (P) FEB 22-26 (M-F) 8:00 a.m.-4:00 p.m. (L) | | MAR 7-11 (M-F) 8:00 a.m.-4:00 p.m. (O) (Y) MAR 21-25 (M-F) 8:00 a.m.-4:30 p.m. (N) MAR 21-25 (M-F) 8:00 a.m.-4:00 p.m. (L) | |
| SAPR Victim Advocate Continuing Education Training | JAN 7, 9:00 a.m.-noon (N) JAN 13-14, 8:00 a.m.-4:00 p.m. (O) | | | FEB 4, 9:00 a.m.-noon (N) FEB 9, 9:00 a.m.-noon (Y) | | MAR 3, 9:00 a.m.-noon (N) MAR 31, 9:00-11:30 a.m. (L) | |
| Sponsor Training | JAN 6, 9:00-11:00 a.m. (O) JAN 12, 9:00-11:00 a.m. (N) | | | JAN 21, 9:00-11:00 a.m. (NN) JAN 25, 2:00-4:00 p.m. (L) FEB 9, 9:00-11:00 a.m. (N) FEB 10, 1:00-3:00 p.m. (O) | | FEB 11, 2:00-4:00 p.m. (L) MAR 3, 9:00-11:00 a.m. (NW) MAR 8, 9:00-11:00 a.m. (N) | |
| COUNSELING/SUPPORT PROGRAMS | | | | | | | |
| Couples Workshop | JAN 5 & 12 (T) 5:00-7:00 p.m. (O) JAN 7 & 14 (TH) 2:00-4:30 p.m. (P) | | | JAN 12 & 14 (T&TH) 9:00-11:30 a.m. (NN) JAN 21 & 28 (TH) 6:00-8:30 p.m. (N) FEB 18 & 25 (TH) 6:00-8:30 p.m. (N) FEB 22 & 29 (M) 5:00-7:30 p.m. (L) | | MAR 24 & 31 (TH) 4:00-6:30 p.m. (N) | |
| MILITARY LIFE SKILLS EDUCATION PROGRAMS | | | | | | | |
| Building Effective Anger Management Skills (BEAMS) | JAN 12-28 (T&TH) 2:00-4:00 p.m. (O) JAN 13-29 (W&F) 1:00-3:00 p.m. (N) JAN 25-FEB 5 (M,W,F) 9:00-11:00 a.m. (Y) | | | FEB 3-19 (W&F) 1:00-3:00 p.m. (P) FEB 9-25 (T&TH) 9:00-11:00 a.m. (L) FEB 10-26 (W&F) 9:00-11:00 a.m. (N) | | FEB 29-MAR 15 (M&T) 1:00-3:00 p.m. (NW) MAR 1-17 (T&TH) 2:00-4:00 p.m. (NN) MAR 7-18 (M,W,F) 1:00-3:00 p.m. (N) MAR 7-23 (M&W) 2:00-4:00 p.m. (O) | |
| Building Healthy Relationships | JAN 12, 4:00-6:30 p.m. (N) JAN 21, 6:00-8:30 p.m. (L) | | | JAN 27, noon-2:30 p.m. (N) FEB 9, 6:00-8:30 p.m. (N) FEB 11, 1:00-3:30 p.m. (NW) | | FEB 24, 1:00-3:30 p.m. (P) MAR 8, 4:00-6:30 p.m. (N) MAR 8, 4:30-7:00 p.m. (O) | |
| Children and Divorce | JAN 5, 3:00-7:00 p.m. (O) JAN 19, 1:00-5:00 p.m. (L) | | | FEB 3 & 10 (W) 3:00-5:00 p.m. (N) FEB 16, 3:00-7:00 p.m. (O) | | FEB 17, 8:30 a.m.-12:30 p.m. (L) MAR 2, 12:30-4:30 p.m. (O) MAR 22 & 24 (T) 2:00-4:00 p.m. (P) | |
| Dads and Discipline | JAN 27, 2:30-5:00 p.m. (N) | | | FEB 23, 1:00-3:30 p.m. (P) | | | |
| Enhancing Step Families | | | | | | MAR 1, 4:30-7:00 p.m. (O) MAR 16, 2:30-5:00 p.m. (N) | |
| Foreign Born Spouses Support Group | JAN 22, 10:00 a.m.-noon (O) | | | FEB 26, 10:00 a.m.-noon (O) | | MAR 25, 10:00 a.m.-noon (O) | |
| Love Thinks | JAN 7, 9:00-10:30 a.m. (N) JAN 20, 2:30-4:00 p.m. (P) | | | JAN 22, 11:00-12:30 p.m. (NN) | | MAR 3, 1:00-2:30 p.m. (N) MAR 17, 2:30-4:00 p.m. (P) | |
| New Parent Resource Awareness Workshop | JAN 15, 8:00 a.m.-noon (N) | | | FEB 19, 8:00 a.m.- noon (N) | | MAR 11, 8:00 a.m.-noon (N) MAR 25, 8:00 a.m.-noon (O) | |
| Parenting in a Military Family | JAN 19 & 20 (T&W) 2:30-5:00 p.m. (N) JAN 19, 3:00-7:00 p.m. (O) | | | JAN 29, 9:00 a.m.-2:00 p.m. (L) FEB 2 & 9 (T) 1:00-3:30 p.m. (P) FEB 16 & 17 (T&W) 2:30-5:00 p.m. (N) | | FEB 23 & 24 (T&W) 4:00-6:30 p.m. (O) FEB 23, 9:00 a.m.-2:00 p.m. (NN) | |
| Parenting Teens | JAN 7, 2:00-4:30 p.m. (O) | | | | | MAR 2, 2:30-5:00 p.m. (N) MAR 31, 2:00-4:30 p.m. (O) | |
| Personal Communications | JAN 11, 1:00-3:00 p.m. (N) | | | JAN 20, 1:00-3:00 p.m. (P) | | MAR 17, 1:00-3:00 p.m. (P) MAR 28, 1:00-3:00 p.m. (N) | |
| Ready Navy | | | | | | MAR 30, 1:00-3:00 p.m. (O) | |
| Single Parenting in the Military | JAN 29, 9:00-11:30 a.m. (N) | | | FEB 10, 2:00-4:30 p.m. (O) | | MAR 9, 1:00-3:30 p.m. (P) MAR 23, 2:00-4:30 p.m. (O) | |
| Systematic Training for Effective Parenting (STEP) | JAN 11-FEB 22 (M) 12:30-3:30 p.m. (P) JAN 14-FEB 25 (TH) 6:00-8:00 p.m. (Teen) (N) | | | FEB 2-11 (T&TH) 3:00-7:00 p.m. (School Age) (O) FEB 29-MAR 21 (M&TH) 3:00-5:00 p.m. (School Age) (N) | | MAR 8-17 (T&TH) 3:00-7:00 p.m. (Early Childhood) (O) | |
| Stress Management (Multisession) | JAN 5-14 (T&TH) 9:00-11:00 a.m. (N) JAN 19-28 (T&TH) 9:00-11:00 a.m. (L) | | | FEB 2-11 (T&TH) 9:00-11:00 a.m. (O) FEB 4 & 11 (TH) 12:30-4:30 p.m. (P) | | FEB 9-18 (T&TH) 1:00-3:00 p.m. (N) FEB 16 & 18 (T&TH) 8:00 a.m.-noon (NN) | |
| Welcome to the Military | JAN 28, 9:00 a.m.-noon (NW) | | | FEB 16, 1:00-4:00 p.m. (L) | | MAR 9, 9:00 a.m.-noon (NW) | |
| PERSONAL FINANCIAL MANAGEMENT PROGRAMS | | | | | | | |
| Art of Money Management | JAN 11, 8:00 a.m.-4:00 p.m. (L) JAN 19, 8:00 a.m.-4:00 p.m. (N) | | | JAN 21, 8:30 a.m.-4:30 p.m. (Y) JAN 25, 8:00 a.m.-4:00 p.m. (O) FEB 12, 8:00 a.m.-4:00 p.m. (L) FEB 16, 8:00 a.m.-4:00 p.m. (N) | | MAR 14, 8:00 a.m.-4:00 p.m. (L) MAR 15, 8:00 a.m.-4:00 p.m. (N) | |
| Car Buying Strategies | JAN 6, noon-1:30 p.m. (N) JAN 12, 5:00-6:30 p.m. (O) | | | JAN 26, 9:30-11:00 a.m. (P) | | FEB 3, noon-1:30 p.m. (N) MAR 2, noon-1:30 p.m. (N) MAR 15, 11:00 a.m.-12:30 p.m. (Y) | |
| Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting | JAN 29, 9:30-11:00 a.m. (NN) | | | FEB 12, 8:30-10:00 a.m. (O) | | MAR 10, 1:00-2:30 p.m. (N) | |
| Command Financial Specialist (CFS) Refresher Training | | | | FEB 18, 8:00 a.m.-4:00 p.m. (N) | | | |
| Command Financial Specialist (CFS) Training | JAN 4-8 (M-F) 7:30 a.m.-4:00 p.m. (L) JAN 25-29 (M-F) 7:30 a.m.-4:00 p.m. (NN) | | | FEB 1-5 (M-F) 7:30 a.m.-4:00 p.m. (L) (N) FEB 8-12 (M-F) 7:30 a.m.-4:00 p.m. (O) | | FEB 29-MAR 4 (M-F) 7:30 a.m.-4:00 p.m. (O) MAR 7-11 (M-F) 7:30 a.m.-4:00 p.m. (L) (N) | |
| Consumer Awareness | JAN 6, 10:00-11:30 a.m. (N) JAN 20, 2:30-4:00 p.m. (L) | | | FEB 2, 1:00-2:30 p.m. (NN) FEB 3, 10:00-11:30 a.m. (N) | | FEB 23, 10:00-11:30 a.m. (Y) MAR 2, 10:00-11:30 a.m. (N) | |
| Credit Management | JAN 6, 8:30-10:00 a.m. (N) JAN 7, 1:00-2:30 p.m. (NW) JAN 12, 9:30-11:00 a.m. (P) | | | JAN 19, 2:30-4:00 p.m. (O) JAN 20, 1:00-2:30 p.m. (L) FEB 3, 8:30-10:00 a.m. (N) FEB 23, 5:00-6:30 p.m. (O) | | MAR 2, 8:30-10:00 a.m. (N) MAR 8, 9:30-11:00 a.m. (P) | |
| Developing Your Spending Plan | JAN 6, 1:00-2:30 p.m. (NW) JAN 19, 1:00-2:30 p.m. (O) | | | FEB 9, 9:30-11:00 a.m. (P) | | MAR 16, 1:30-3:00 p.m. (O) MAR 28, 1:00-2:30 p.m. (L) | |
| Financial Leadership Seminar | JAN 11, 7:30-11:30 a.m. (O) JAN 12, 8:30 a.m.-12:30 p.m. (Y) | | | JAN 20, 8:00 a.m.-noon (L) JAN 21, 8:00 a.m.-noon (N) FEB 16, 8:00 a.m.-noon (L) FEB 17, 8:00 a.m.-noon (N) | | MAR 4, 8:00 a.m.-noon (L) MAR 16, 8:00 a.m.-noon (N) | |
| Homeownership | JAN 27, 8:30 a.m.-3:00 p.m. (L) | | | FEB 17, 8:30 a.m.-3:00 p.m. (N) | | FEB 18, 8:30 a.m.-3:00 p.m. (O) MAR 17, 8:30 a.m.-3:00 p.m. (Y) | |
| Million Dollar Sailor | JAN 14 & 15 (TH&F) 8:00 a.m.-4:00 p.m. (N) | | | FEB 17 & 18 (W&TH) 8:00 a.m.-4:00 p.m. (NN) | | MAR 3 & 4 (TH&F) 8:00 a.m.-4:00 p.m. (N) | |
| Raising Financially Fit Kids | | | | FEB 19, 9:00-11:00 a.m. (N) | | | |
| Retirement Planning | JAN 11, 12:30-2:00 p.m. (O) | | | JAN 13, noon-1:30 p.m. (N) | | FEB 10, noon-1:30 p.m. (N) FEB 18, 1:00-2:30 p.m. (NW) MAR 9, noon-1:30 p.m. (N) | |
| Savings and Investments | JAN 11, 2:00-3:30 p.m. (O) JAN 12, 1:00-2:30 p.m. (NW) | | | JAN 13, 8:30-10:00 a.m. (N) FEB 10, 8:30-10:00 a.m. (N) FEB 23, 9:30-11:00 a.m. (P) | | FEB 24, 1:00-2:30 p.m. (O) MAR 9, 8:30-10:00 a.m. (N) | |
| SMART Start: Finances for Newlyweds | | | | FEB 2, 5:00-6:30 p.m. (O) | | FEB 19, 1:00-2:30 p.m. (N) MAR 8, 5:00-6:30 p.m. (O) | |
| TSP – Your Key To Financial Independence | JAN 11, 3:30-5:00 p.m. (O) JAN 13, 10:00-11:30 a.m. (N) | | | FEB 10, 10:00-11:30 a.m. (N) FEB 19, 8:30-10:00 a.m. (Y) | | FEB 24, 2:30-4:00 p.m. (O) MAR 9, 10:00-11:30 a.m. (N) MAR 22, 9:30-11:00 a.m. (P) | |
| RELOCATION ASSISTANCE PROGRAMS | | | | | | | |
| Overseas Transfer Workshop | JAN 12, 9:00 a.m.-4:00 p.m. (L) JAN 13, 8:00 a.m.-3:00 p.m. (NN) | | | JAN 19, 9:00 a.m.-4:00 p.m. (NW) JAN 20, 9:00 a.m.-4:00 p.m. (O) FEB 24, 9:00 a.m.-noon (NW) FEB 29, 1:00-4:00 p.m. (L) | | MAR 23, 9:00 a.m.-4:00 p.m. (L) MAR 24, 9:00 a.m.-4:00 p.m. (O) MAR 2, 9:00 a.m.-noon (NN) MAR 14, 9:00 a.m.-noon (O) MAR 15, 8:30-11:30 am (N) | |
| Smooth Move Workshop | JAN 19, 9:00 a.m.-noon (O) JAN 20, 9:00 a.m.-noon (N) JAN 26, 9:00 a.m.-noon (NW) | | | | | MAR 2, 9:00 a.m.-noon (NN) MAR 14, 9:00 a.m.-noon (N) MAR 17, 5:00-8:00 p.m. (L) | |
| FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS | | | | | | | |
| Career Planning | JAN 5, 9:00 a.m.-noon (NN) JAN 11, 9:00 a.m.-noon (O) JAN 12, 8:30-11:30 am (N) | | | FEB 1, 9:00 a.m.-noon (Y) FEB 3, 9:00 a.m.-noon (NW) FEB 8, 9:00 a.m.-noon (L) (O) FEB 9, 8:30-11:30 am (N) FEB 17, 9:00 a.m.-noon (O) | | MAR 8, 9:00 a.m.-noon (NN) MAR 14, 9:00 a.m.-noon (O) MAR 15, 8:30-11:30 am (N) | |
| Effective Resume Writing | JAN 5, 9:00 a.m.-noon (O) JAN 6, 9:00 a.m.-noon (NN) (NW) JAN 13, 8:30-11:30 a.m. (N) JAN 13, 9:00 a.m.-noon (O) | | | JAN 15, 9:00 a.m.-noon (L) JAN 21, 9:00 a.m.-noon (O) JAN 27, 9:00 a.m.-noon (O) FEB 2, 1:00-4:00 p.m. (O) FEB 3, 9:00 a.m.-noon (Y) FEB 9, 9:00 a.m.-noon (NW) FEB 10, 8:30-11:30 a.m. (N) | | FEB 10, 9:00 a.m.-noon (L) (O) FEB 19, 9:00 a.m.-noon (O) FEB 29, 8:30-11:30 a.m. (N) FEB 29, 9:00 a.m.-noon (O) MAR 1, 9:00 a.m.-noon (O) MAR 9, 9:00 a.m.-noon (NN) MAR 24, 9:00 a.m.-noon (L) MAR 29, 9:00 a.m.-noon (O) | |
| Federal Employment System | JAN 7, 9:00 a.m.-noon (NN) JAN 14, 8:30-11:30 a.m. (N) JAN 14, 9:00 a.m.-noon (NW) JAN 15, 9:00 a.m.-noon (O) | | | JAN 26, 9:00 a.m.-noon (O) JAN 26, 1:00-4:00 p.m. (L) JAN 28, 8:30-11:30 a.m. (N) FEB 4, 9:00 a.m.-noon (Y) FEB 11, 8:30-11:30 a.m. (N) FEB 12, 9:00 a.m.-noon (O) FEB 18, 1:00-4:00 p.m. (L) | | FEB 25, 9:00 a.m.-noon (NW) MAR 10, 9:00 a.m.-noon (NN) MAR 17, 8:30-11:30 a.m. (N) MAR 17, 1:00-4:00 p.m. (NW) MAR 18, 9:00 a.m.-noon (O) | |
| Interview Techniques | JAN 7, 1:00-4:00 p.m. (NN) JAN 14, 9:00 a.m.-noon (O) JAN 15, 8:30-11:30 a.m. (N) | | | JAN 28, 9:00 a.m.-noon (O) JAN 28, 1:00-4:00 p.m. (L) FEB 4, 9:00 a.m.-noon (NW) FEB 5, 9:00 a.m.-noon (Y) FEB 11, 9:00 a.m.-noon (O) | | FEB 12, 8:30-11:30 a.m. (N) FEB 29, 9:00 a.m.-noon (L) MAR 2, 9:00 a.m.-noon (NW) MAR 7, 9:00 a.m.-noon (O) MAR 10, 1:00-4:00 p.m. (NN) | |
| Job Network | JAN 13, noon-1:00 p.m. (N) (O) | | | FEB 3, noon-1:00 p.m. (Y) | | FEB 10, noon-1:00 p.m. (L) (N) MAR 16, noon-1:00 p.m. (N) (O) | |
| Job Search Strategies | JAN 5, 9:00 a.m.-noon (NW) JAN 5, 1:00-4:00 p.m. (NN) JAN 7, 9:00 a.m.-noon (O) | | | JAN 12, 9:00 a.m.-noon (O) JAN 12, 1:00-4:00 p.m. (N) JAN 25, 9:00 a.m.-noon (L) FEB 2, 9:00 a.m.-noon (Y) FEB 9, 9:00 a.m.-noon (O) FEB 9, 1:00-4:00 p.m. (N) | | FEB 26, 11:00 a.m.-2:00 p.m. (O) MAR 8, 1:00-4:00 p.m. (NN) MAR 15, 9:00 a.m.-noon (O) MAR 15, 1:00-4:00 p.m. (N) | |
| Transition GPS (Goals, Plans, Success) | Executive Retirement (E-9, W-4, W-5, O-5 and above). Retiree Classes, Separatee Classes. | | | | | | |
| VA Disability Benefits Review | JAN 7, 7:30 a.m.-4:00 p.m. (O) JAN 11, 8:00 a.m.-4:30 p.m. (NN) | | | JAN 14, 8:00 a.m.-4:30 p.m. (L) JAN 28, 8:00 a.m.-4:30 p.m. (L) FEB 4, 7:30 a.m.-4:00 p.m. (O) FEB 11, 8:00 a.m.-4:30 p.m. (O) | | FEB 25, 8:00 a.m.-4:30 p.m. (L) MAR 3, 7:30 a.m.-4:00 p.m. (O) MAR 10, 8:00 a.m.-4:30 p.m. (L) | |